

## WHY WOMEN STAY

Women may remain in an abusive relationship for many reasons which may be based on love, terror, or a combination of the two. Reasons for staying with the abuser may be:

**Acceptance** - She may think it's normal to be beaten based on her childhood.

**Economic** - She may worry that if she leaves her husband she will be unable to support herself and her children.

**Fear** - She may think or know that her abuser will hurt her if she tries to leave him.

**Guilt** - She is upset that the relationship is not working and considers it her duty to make it right.

**Insecurity** - She has serious doubts about her own worth. She might think she would be unable to live apart from her abuser; she has no friends or job skills.

## EFFECTS OF BATTERING OVER TIME ON:

### WOMEN:

- Isolation
- Low self-esteem
- Depression
- Increased alcohol and/or drug use
- Emotional problems
- Illness
- Pain and injuries
- Permanent physical damage
- Death

### CHILDREN:

- Emotional problems
- Illness
- Increased fears
- Increased risk of abuse, injuries and death
- Anger
- Perpetuating abusive behavior
- School absences

### MEN:

- Reinforced belief that power and control are achieved by violence
- Decreased self-esteem
- Increase in violent behavior
- Increased emotional problems

### SOCIETY:

- Increase in crime
- Increase in legal, police, medical, counseling and incarceration costs
- Decrease in quality of life
- Perpetuation of cycle of violence
- Perpetuation of myths of inequality between men and women

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**Jerry E. Abramson**  
Mayor

**26 Member**  
**Louisville Metro Council**

## HELP BREAK THE CYCLE OF VIOLENCE

*SPEAK OUT FOR THOSE WHO ARE AFRAID  
TO SPEAK FOR THEMSELVES*

To report Known or Suspected Abuse,  
Call Adult Protective Services  
595-4803

After Hours or outside Jefferson County -  
Call the Adult/Child Abuse Reporting Hotline  
1-800-752-6200

## OTHER CRISIS NUMBERS:

Spouse Abuse Center.....581-7222  
Louisville Metro Police -Suburban Division...574-2111  
Louisville Metro Police-Urban Division.....574-7111

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Of all the weapons  
an abuser can use  
against a woman,  
her silence is the  
most powerful.



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## PROFILE OF AN ABUSED WOMAN

Because of fear and shame, the abused woman may be reluctant to come forward and reveal the terror she is living with at home. It is therefore incumbent on those who are aware of the situation to speak for her.

### KRS 209

Any person including, but not limited to, physician, law enforcement officer, nurse, social worker, department personnel, coroner, medical examiner, alternate care facility employee, or caretaker, having reasonable cause to suspect that an adult has suffered abuse, neglect, or exploitation, shall report or cause reports to be made in accordance with the provisions of this chapter. Death of the adult does not relieve one of the responsibility for reporting the circumstances surrounding the death.

*To report an incident of domestic violence call:*

***Adult Protective Services- 595-4803***

## INTERVENTION WILL INTERRUPT THE CYCLE OF VIOLENCE

Early intervention may effectively break the cycle of violence. Abusive behavior is learned and can be "unlearned." With successful completion of treatment, a perpetrator can be rehabilitated and function appropriately in a partner relationship. However, the abusive behavior will become increasingly frequent and severe unless and until intervention takes place. Since the victim is often reluctant to act in this capacity, it is up to others who are aware of the situation to intervene.

She may suffer from a variety of conditions associated with stress:

- chronic fatigue
- changes in sleep patterns
- weight fluctuations
- bowel disturbances
- eating disturbances
- psychosomatic disorders
- poor healthcare behavior
- increased use of alcohol and/or prescription drugs

In addition she may exhibit:

- signs of repeated or multiple injuries with varying stages of healing
- skin lacerations; bruises; burns
- marks consistent with physical restraint

The most common physical outcomes are functional disorders, not injuries.

## TRAITS OF AN ABUSER

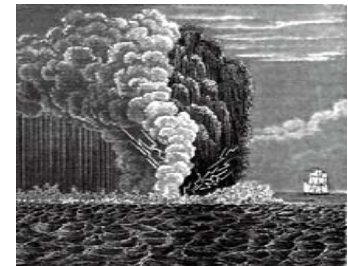
- low self-esteem
- difficulty in sorting out feelings
- quick mood changes, but depression is prevalent
- childlike need for constant reassurance and approval
- violent temper especially about little things
- history of abuse in family
- job dissatisfaction
- heavy alcohol and/or drug abuse
- preoccupation with weapons
- use of verbal "put-downs," critical
- blames others for problems
- poor communication skills
- extremely jealous/possessive
- keeps partner isolated
- minimizes or denies abuse
- doesn't see partner as person
- rigid expectations of marriage
- negative attitude toward women
- believes violence is an option

## CYCLE OF VIOLENCE



### Phase I

Increased tension, anger, blaming, and arguing.



### Phase II

Battering: hitting, slapping, kicking, choking, use of objects or weapons, sexual abuse; verbal threats and abuse.



### Phase III

Calm stage - this stage may decrease over time. Man may deny violence, say he was drunk, or say he's sorry and promise it will never happen again.